



STATE OF MARYLAND

DHMH PRESS RELEASE

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FOR IMMEDIATE RELEASE:

Maryland Reports Ninth H1N1 (Swine) Flu Related Death *Baltimore Metro Area Youth is Second Pediatric Death*

Baltimore, MD (September 30, 2009) - The Maryland Department of Health and Mental Hygiene (DHMH) will report to the Centers for Disease Control and Prevention (CDC) Maryland's ninth death related to the H1N1 (Swine) Flu virus. The latest report involves a youth from the Baltimore metro area with no apparent underlying medical conditions pending further investigation. **As with the release of each previous flu death, personal details about the case, including age, gender and specific jurisdiction of residence, will not be released to protect the privacy of the resident and the resident's family.**

“Sadly we must report Maryland’s ninth death – the second of a child under the age of 18 – related to the H1N1 (Swine) flu virus and we wish to express our sympathies to the family and friends,” said DHMH Secretary John M. Colmers. “The Centers for Disease Control (CDC) tells us that Maryland experiences about 1,000 flu-related deaths each year and therefore such deaths are unfortunately expected. So, we continue to urge all parents to take advantage of every common sense precaution, including vaccination, to protect themselves and their loved-ones as much as is possible.”

Maryland is one of 26 states reporting geographically widespread influenza activity as virtually every indicator reveals the spread of H1N1 (Swine) flu is on the rise across the state. Additionally, the presence of regular seasonal flu in Maryland has been confirmed by laboratory tests. Since June 1, 2009, DHMH has reported 198 hospitalizations due to H1N1 (Swine) flu-related illness to the CDC.

The CDC reports that since August 30 (the beginning of the 2009-2010 flu season) through September 19, that 936 people nationwide have died from influenza and pneumonia-associated illness and 10,082 have been hospitalized. CDC and state health departments discontinued reporting of individual cases as of July 24th.*

"H1N1 (Swine) flu remains the dominant flu strain we see in Maryland schools and throughout the community," said Frances Phillips, DHMH Deputy Secretary for Public Health Services.

"Vaccination is the best protection against the flu. We expect the H1N1 (Swine) flu vaccine to become available within in the next few weeks so we're asking everyone, especially parents, to stay informed of the various locations where children and other people at risk can get vaccinated. As vaccine arrives in the state, information on these sites will be widely announced. Locations will include private pediatricians and healthcare providers, schools and local health departments. "

Symptoms of influenza include fever, cough, and sore throat. Additional symptoms may include chills, headache, fatigue, vomiting, diarrhea or shortness of breath.

Good personal hygiene can reduce the risk of illness:

- Wash your hands often
- Cover your mouth when coughing or sneezing
- If you have flu symptoms, stay home

Complications and death from flu-related illness are more common among those with serious underlying health conditions. If you have a flu-like illness and begin to experience emergency warning signs, contact your health care provider as soon as possible. Emergency warning signs include:

In Children

- Bluish skin color (for fair tones) and grayish skin color (for darker tones)
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In Adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness or confusion
- Severe or persistent vomiting

Additional Information

Maryland DHMH H1N1 Influenza information:

www.flu.maryland.gov

Updated CDC Guidance for Schools, Colleges and Universities, Employers and more:

<http://www.flu.gov/>

The Weekly CDC Novel H1N1 Flu Situation Update: <http://www.cdc.gov/h1n1flu/update.htm>

CDC Interim Patient Treatment and Risk Guidance:

<http://www.cdc.gov/h1n1flu/identifyingpatients.htm>

***Editor's Note:** CDC discontinued reporting of individual confirmed and probable cases of novel H1N1 infection on July 24, 2009. CDC will report the total number of hospitalizations and deaths weekly, and continue to use its traditional surveillance systems to track the progress of the novel H1N1 flu outbreak. For more information about CDC's novel H1N1 influenza surveillance system, see Questions & Answers About CDC's Novel H1N1 Influenza Surveillance.